

Welcome to **Feel Like A Million**

**A healthy investment
program that helps you
feel your best with less
stress!**

PROGRAM INSTRUCTIONS

Feel Like A Million is a 28-day program that focuses on investing in physical, mental, emotional and social wellness activities to help you build up reserves against stress. The program will inspire you to learn about and engage in a variety of healthy behaviors.

Program Instructions

- ✓ Take a moment to review the Feel Like A Million Investment Portfolio.
 - Plan several day's (or even a week's) worth of investments.
- ✓ Using your Feel Like A Million Game Plan, write the date, investment amount and number from the portfolio beside the P, M, E, or S (physical, mental, emotional, or social).
 - Try to balance your investments in all 4 areas.
 - Feel free to reinvest in the same activity if it offers you a positive return in feeling good.
- ✓ Using your Ledger, track your deposits and keep a running balance.
- ✓ Your goal is to earn \$1 million worth of healthy investments.
 - To encourage you to make regular investments, no more than \$60,000 a day can count toward your total.
- ✓ Complete the weekly on-line activities.
- ✓ When you complete the program, you will have an opportunity to provide us with feedback. Also feel free to contact us if you have questions or suggestions along the way.
- ✓ Program Coordinators:
 - Jessica Kisiel: jkisiel@lanl.gov
 - Amy Anderson: aeanderson@lanl.gov